

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

September 2005

A Place of Your Own

If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.

- Herodotus (484 BC - 430 BC)

Being a Midwestern girl and a resident of Maryland for only a year and a half, I have not had many opportunities to go to the beach. In Maryland, most everyone goes to the beach during the summer. People go for the day, the weekend, or a week and always smile and have a good story to share when they return. The beach is a special place for fun, sun, family, friends, and creating good memories.

This summer I have been able to spend a couple of days at the beach and finally understand why it is a desired destination. An atmosphere of fun and relaxation permeates the beach. The boardwalk is filled with shops offering fun clothing, gifts, jewelry, and beach toys. If you feel a little wild, you can get a tattoo or a piercing. A henna tattoo is an option if you want to be wild without the permanent commitment. Foods guaranteed to ruin any diet and tempt those with the strongest willpower abound - fries, pizza, ice cream, fudge. Yum!!

The purpose of a beach getaway is to do nothing and be the proverbial beach bum. Beach goers arrive with towels, chairs, and umbrellas in bright, festive colors and patterns to stake a place in the sand. Once the space is claimed, the relaxing begins. No one is working or using a laptop. They are sitting, watching, reading, napping, playing Frisbee, building sandcastles, swimming, fishing, or talking. The ocean breeze moves the salty air. The waves rolling in create a soothing sound as the gull's call overhead. The sun warms the skin, and the sand conforms to the curves of your body. There is no hurrying and no one has anyplace to be but where they are.

Sounds wonderful, doesn't it? And it is. However, soon enough the beach, and other warm-weather destinations, will not be options for a getaway. The weather will be cooler, and the winds will pick up. The summer sun will fade into fall. What happens when our favorite place to go is no longer available due to inclement weather?

Regardless of the season, we need a place to go where we can give ourselves permission to take a break from our daily routines and work. A place to do nothing. A place to relax, de-stress, and renew our spirit. A place to leave our worries behind, even if for a little while.

Finding a getaway spot can be simpler than you think. Is there is a nearby coffee shop that offers a relaxing atmosphere with a cozy, overstuffed chair ideal for reading a magazine or a good book?

Maybe there is a quaint, quiet café down the street perfect for meeting friends for lunch. Or, is there a space in your home that can be your oasis? Perhaps a room painted in your favorite color, filled with relaxing pictures, and offering comfortable furniture would be just the place. Wherever your space, you establish the rules – no phone, no computer, no work.

Just because the beach, or your favorite outdoor destination, might soon be unavailable does not mean that you should not have place to relax without obligations. In our busy lives, a place or an opportunity when doing nothing is acceptable will not regularly present itself. If we wait, we may wait too long before taking time off as there will always be something that needs our attention. Where can you find a place of your own to renew your spirit?

I love people. I love my family, my children . . . but inside myself is a place where I live all alone and that's where you renew your springs that never dry up. – Pearl S. Buck

My article “What’s Draining You” appears in the September edition of the *Severna Park Voice* Health and Fitness Section.

On Monday, September 19 at 7:30pm, I will be offering a FREE workshop titled “Saying No Gracefully” at Big Vanilla Athletic Club. The reasons we struggle with saying “no” will be explored. Participants will learn about the benefits of saying “no,” effective ways to say “no,” and how to reduce their automatic “yes” response. The workshop is open to members and non-members. Space in the workshop is limited. To register, call 410-544-2525.

On Wednesday, September 28, Big Vanilla Athletic Club will be hosting an open house for Women’s Health Day. Community vendors will be present. Members and nonmembers are welcome! The Holistic Health Department will be promoting a workshop for women that focuses on self-care. Our massage therapist, esthetician, nutritionist, and life coach are collaborating for the workshop. The workshop will be held in October. Look for more information in the next newsletter or contact Suzette or Big Vanilla Athletic Club.

To learn more about coaching, visit my website at www.passion-for-life-coaching.com.

If you found valuable information in this newsletter, please pass it along. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

Do you need help defining a place of your own? Are you struggling to accept that it is ok to take time away? Coaching can guide you to discover the answers to these questions. Contact me at passionforlifecoaching@verizon.net or 410-757-7326 to schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.

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